The BENEFIT of

FARTING

EXPLAIN'D:

OR, THE

FUNDAMENT-ALL Cauſe

OF THE

Diſtempers incident to the *Fair Sex*, inquir'd into: Proving a *Poſteriori* moſt of the Diſorders *In-tail'd* upon them, are owing to *Flatulencies* not ſeaſonably vented.

Wrote in *Spaniſh* By Don *Fartinando Puff-indorſt*, Profeſſor of *Bumbaſt* in the Univerſity of *Craccow*.

AND

Tranſlated into *Engliſh* at the Requeſt and for the Uſe of the Lady *Damp-fart* of *Her-fart-ſhire*.

By *Obadiah Fizle*, Groom of the Stool to the Princeſs of *Arſimini* in *Sardinia*.

A Fart, tho' wholſome, does not fail,
If bar'd of Paſſage by the Tail,
To fly back to the Head again,
And, by it's Fumes, diſturb the Brain:
Thus Gunpowder confin'd, you know Sir,
Grows ſtronger, as 'tis ram'd the cloſer;
But if in open Air it fires,
In harmleſs Smoke it's Force expires.

LONG-FART:
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POSTSCRIPT

BY WAY OF

PREFACE.

Venti indignantes magno cum murmure ventris,
Circum clauſtra fremunt, *media* ſedet *Æholus Arce.*
Virgil Æneid lib. 1.

LIBERTY and Property, are the two great Bleſſings, every Britiſh *Subject claims, as his Birth-right, why Mr.* Breech *ſhou'd be deny'd this Benefit, I ſee no Reaſon; but his ſhame-facedneſs to appear in his own behalf. 'Tis true he always ſat in the Houſe of Commons, being at all Elections unanimouſly choſe, as Repreſentative for the Bourrough of* Rump-fort, *but thro' modeſty was ever obſerv'd to keep* behind Backs; *he never* open'd *his Mouth in the Houſe, but all the Members round* nos'd *him, and took* Snuff *at every thing he offer'd, becauſe it was ſaid, that in his younger days, he had been a* Button-Maker *(tho' falſly) for I remember him from his Youth, to have been a* Wind Merchant, *which he vented by* Hole-Sail *and* Re-Tail. *This Uſage put him under a conſtraint of being Silent, tho' he often grumbled inwardly for it. He had two Sons,* Sir Reverence *being the Younger, was Knighted by King* James, *the other was a* Noiſy, Rattling, Cracking *Fellow, he apply'd himſelf to the practice of* Muſic and Phyſic, *and was particularly famous for the cure of*

the Wind Chollick, *but none ever reliſh'd his Muſical performance. He Married into the Family of the* Swifts, *and was ſo active in Running, that none cou'd ever catch him if he once got the Start: Beſide theſe two, there was another* Foiſted *on him, but believing him to be illegitimate, he was aſham'd to own him, he dy'd Young, and therefore made no* Noiſe *in the World. This Mr.* Breech, *the Father of theſe, was a Man of a good* Report, *tho' ſome are ſo malcious as to ſay, he us'd to Play at* FAST *and* LOOSE, *he was ſometimes Sickly, which was imputed to his being formerly bit by a* Tarantula, *becauſe he was always obſerv'd to be reliev'd by the playing of a* Bag-Pipe. *The whole Hiſtory of his Life and Actions, has been lately publiſh'd by a* Learned and Reverend Doctor, *wherein he makes him the Eighth* Wonder of the World, *and by way of Excellency over the other Seven, has ſtil'd him the moſt Wonderful of them all, and tho' he endeavour'd to conceal him, under the dark veil of an* Enigma, *yet we quickly* Smelt *out his* Hole *meaning.* Tom Punſibi *who firſt taught him his* Ars in Preſenti, *was often very* Smart *upon him with his* Puns, *and he cou'd* Digeſt *every thing but that,* Tom *never look'd him in the* Face *but he made him tremble; they never met but Blows enſued, but* Tom *was always ſure to come off Conquerour, but notwithſtanding,* Tom *made a Convert of him, and* Inſtilled *into him the Principles of* Paſſive Obedience. *Now the deſign of the following* Eſſay, *is to obtain Liberty for him to vent his* Scent-iments *freely, and that he may be* Heard *without Offence, and be no longer* Bound *to keep Silence, ſince ſuch a Freedom will prove ſo ſerviceable to the* Fair Sex: *If I have* HANDLED THE SUBJECT *to their good liking, I hope they'l loudly* Crack *of the Benefit receiv'd, and that I ſhall judge a ſufficient reward for all my trouble, who am,*

their moſt Humble Servant

Fartinando Puff-indorſt.

THE

THE
Benefit of *FARTING*
EXPLAIN'D.

Si fartus Venter crepitu *luctante laborat,*
Ars *te Sanabit, vento ſpiracula dando.*
Flatum ne retine; propellito fortiter hoſtem,
Rumbulus, et Ructus, crepitus ſtrepituſq; Juvabunt.

Engliſh't thus, for the Benefit of the Ladies.

If you're Oppreſt by rumbling Wind,
Strain hard, to ſqueeze it out behind,
From Puffs, and crackling Farts, *relief you'll find.*

IT has been obſerv'd of late Years ſince the primitive wholſome Cuſtom of *Toaſt* and *Nutmegg* in a Morning, has been ſuperſeded by that pernicious Practice of *Tea* and *Coffee*, that a numberleſs train of Diſtempers, ſcarce known to our Forefathers, as Spleen, Vapours, Hips, *&c.* have become as univerſal among us as the Small Pox; the weight of which, has fallen chiefly on the Fair Sex, for reaſons I ſhall give hereafter. I wou'd not, on any Score be thought Guilty of a deſign, to run down thoſe pleaſant Liquors, or derrogate the leaſt tittle, from their due Praiſe, ſince I ſhould thereby cauſe the Ladies to level the *Hole Artillery* of their reſentment againſt me; but muſt ſay this in their favour, that in the firſt place; they ſerve as an Amuſement, to divert two or three Hours, that would otherwiſe lye very heavy on their hands in a Morning; and Secondly, to purge off that ſharp corroding Humour call'd Scandal, which elſe (if too long retain'd) might ulcerate their Memory; and Thirdly, it promotes a free Circulation of Intelligence, which, they'd have no other opportunity of coming at, being debar'd the Benefit of going to Coffee-Houſes or the Exchange. But, as the greateſt Bleſſings, are ſometimes attended with ſome inconveniency; Wine that makes our Heart glad, can alſo rob us of our reaſon; ſo theſe moſt wholſome, and pleaſing Liquors, may if not us'd

with caution, produce ill Conſequences, the prevention of which, for the benefit of that Sex, is the deſign of this Eſſay. As in ſipping up theſe Liquors hot, theres commonly as much Wind as Water ſuck'd in, which thro' Modeſty being debar'd a Paſſage downwardly, when Nature offers, recoils up into the Bowels, Stomach and Head, and there occaſions all theſe dreadful Symptoms uſually aſcrib'd to the Vapours, all which one Seaſonable Fart might have prevented. It has likewiſe been aſſign'd as the firſt cauſe of Quakeriſm, and Enthuſiaſm, as *Hudibras* obſerves.

As Wind in Hypochondria pent,
Is but a Fart *if downward ſent;*
But if ſuppreſt it upward flies,
And vents it ſelf in Prophecies.

I ſhall therefore in the firſt place, enquire into the Nature and *Eſſence* of a FART.

Secondly, Shew the ill Conſequences of ſuppreſſing it.

Thirdly, Prove the lawfulneſs of it. And

Fourthly, and *Laſtly*, ſhew the many Advantages will attend an Act of Toleration, or free Liberty that way.

Firſt, It is a Queſtion greatly controverted among the Learned, whether a *Fart* be a Spiritual or a Material Subſtance, the Profeſſors of Metaphyſicks, have argued warmly for its Spirituality, but the Naturaliſts as ſtrongly oppoſe them. The famous *Boyle* brings it in as an Example to prove the vaſt Subtility of Matter, ſince a *Fart*, which, in the *Hydroſtatical* Ballance does not weigh the Thouſandth part of a Grain, ſhall, in one Minute, expand it ſelf ſo far, as to occupy the whole Atmoſphere of a large Drawing Room.

The *Chymiſts* endeavour'd to enquire into its Nature, by reſolving it into its firſt Principles, but they ever found it as Volatile, and as hard to fix as *Mercury*, they all allow it to abound much in a volatile Sulphur, which they inferr, from the brisk Senſation, wherewith it affects the Organs of Smelling, and from its burning *Blew*, as has been found by experiment.

Carteſius begs it as a principle for his Philoſophy, and to make it reliſh the better, new Chriſten'd it by the Name of his *Materia Subtilis*, and cooking up his Syſtem to the *French* Taſte, he concluded ſo ſavoury an ingredient wou'd pleaſe their Palate, but it prov'd as unlucky a Material, as the Salt-peter in the Fryar's Compoſition, that firſt diſcover'd *Gun-Powder*, for taking *Vent*, it *Blew* up his whole Syſtem, and *Expleded* all his Philoſophy.

The

The *Mathematicians* ſteer'd a middle Courſe between the Naturaliſts and Metaphyſicians, they own'd a *Fart* to be a quantity yet indeviſible, and gave it the Name of a Mathematical Point, as having neither *Length, Breadth* nor *Thickneſs.*

I therefore define a *Fart*, to be, *A Nitro-aerial Vapour, exhal'd from an adjacent pond of Stagnant Water of a Saline Nature, and varified and Sublim'd into the Noſe of a Microcoſmical Alembic, by the gentle heat of a* STERCORARIOUS *Balneum, with a ſtrong Empyreuma, and forc'd thro' the Poſteriours by the Compreſſive Power of the expulſive Faculty.*

Secondly, Having explain'd the Nature and Eſſence of a *Fart*. I ſhall next enquire into the ill Conſequences of ſuppreſſing it, which are almoſt obvious to every ones experience, for in its Retrogradation, it cauſes *holl i ck, Hyſtericks, Rumblings, Belching, Spleen*, &c. but in Women of a more firm ſtrong Conſtitution, it vents it ſelf intirely in a Talkativeneſs, hence we have a reaſon why Women are more Talkative than Men, for as a certain Poet obſerves,

Words own Wind to be their Mother,
Which ſtop'd at one end, burſts out at t'other.

Hence comes the uſual ſaying, *tell a tale or let a Fart*, implying the neceſſity of vent one way or other.

The remarkable Taciturnity of the late Widdow *Fartick*, is a convincing proof of this Doctrine, for having her Poſteriours much Dilated, and Relax'd by a too frequent uſe of Glyſters in her Younger days, was ſo Debilitated in her retentive Faculty, that her wind paſſing too freely that way, there wanted a ſufficient ſupply to ſet the Wind-Mill of her Tongue a going.

The frequent fits of Laughing and Crying, without any ſenſible cauſe, (Symptoms common to ſuch as are troubl'd with the Vapours) are plainly accountable from this ſuppreſſion, for the Windy Vapour getting into the Muſcles that aſſiſt in Laughing, inflates them, and occaſions their Laughing, but if this Vapour, when rais'd to the head, is there condens'd by a cold melancholly Conſtitution it diſtills thro' the Eyes in form of Tears.

Thirdly, As for the Lawfulneſs of *Farting* none I hope will diſpute that point with me, till they ſhow me a Law againſt it, which I am ſatisfied they can't do, and where there's no Law there can be no tranſgreſſion. The *Cannon Law* (if I miſtake not, is loudly for it, and the Law of Nature ſeems to be of our ſide, and tho' it ſeems to be againſt the Civil Law, yet the Severity of that Law was provided againſt, by K. *James* the firſt, for a Gentleman dying by ſuppreſſing a *Fart* in his Preſence, the King had immediately wrote over the Gate in Capital Letters this Inſcription, HERE ALL FARTS ARE FREE.

And

And *Cambden* obſerves the Ancient eſteem *Farts* were in, by Lands held by one *Baldwin* (*le pettour*) (*i. e.*) the *Farter* at *Hemingſton* in *Suffolk* by the tenure of coming into Court on a certain Day, performing *Saltus*, *Sufflatus* et *Bumbulus* (*i. e.*) Capering, Puffing, and Farting. *Camb.* p. 464 Its being contrary to cuſtom is no Plea, ſince the ſame Authority which introduc'd HOOP'D PETTICOATS, can alſo bring *Farting* in Faſhion, and there wants nothing more to make it paſs current, than ſome celebrated Toaſt of the Town to begin an example. We are very forward in imitating our Neighbouring Nations in their Faſhion and Dreſs, tho' never ſo Rediculous, but backward in this point, which wou'd be much more for our advantage, for a *Fart* is a Freeman in all the Towns Corporate thro' *Holland*. *Yufrow Blowza Van Funck*, a Burgo Maſter's Wife of *Rotterdam*, values her ſelf as much for the good *Report* of her *Bum-Battery*, as one of our Ladies ſhou'd for a ſweet Voice, or an agreeable Liſp, and is as induſtrious in ſhewing her performance that way, as the other in ſhewing a white Hand, a rich Ring, or a neat Snuff-Box. And the Ladies in *France* maintain that a promiſcuous Converſation on a Bog Houſe, Savours as little of Impudence or Impiety, as over a Tea-Table.

Having proved the lawfulneſs of *Farting*, and the ill conſequence of ſuppreſſing it, I ſhall proceed, *Fourthly* to ſet down the Advantages the Ladies are likely to reap by an unlimitted freedom that way, *Firſt* it delivers them from that long-winded Catalogue of Diſtempers already mentioned, and prov'd to procced from this Cauſe, which benefit alone were ſufficient to recommend it to all thoſe who value their Health, but beſides this, 'twill render *Peas-porridge* as wholeſom as *Ginger-bread*, and bottled *Cyder* as innocent as *Ratafia*, 'twill alſo lower the Price of *Daffy's* Elixer, and ſave them a vaſt Yearly expence, in *Aſſafœtida*, and Spirits of *Harts-Horn*, to guard them from the Vapours, ſince hereby, they become their own *Apothecaries*, to prepare a Medicince, will twitch them by the Noſe every whit as well as they. 'Tis alſo a great promoter of Mirth, for I've known one ſingle *Fart*, that made an Eſcape, raiſe a Laugh of half an Hour, and the Celebrated Author of a Book called *Laugh and be fat*, proves Laughing to be a very wholeſome exerciſe. Dr. *Blow* in his Treatiſe of the Fundimentalls of Muſick aſſerts, that the firſt diſcovery of Harmony was owing to an Obſervation of Perſons of different Sizes ſounding differant Notes in Muſick, by *Farting*, for while one *Farted* in *B fa bimi*, another was obſerv'd to anſwer in *F faut*, and make that agreeable Concord call'd a *Fifth*, whence that Muſical Part had its Name of *Bum-Fiddle*, and the firſt invention of the Double Curtil was owing to this Obſervation, by this

Rule

Rule it wou'd be an eaſy matter to Form a *Farting* Conſort, by ranging Perſons of different Sizes in order, as you wou'd a Ring of Bells, or a ſet of Organ Pipes, which Entertainment wou'd prove much more Diverting round a Tea Table, than the uſual one Scandal, ſince the ſweeteſt Harmony is allow'd by moſt to proceed from GUTS. Then that Lady wou'd be reckon'd the moſt agreeable in Company, who was readieſt at *Reportee*, and to have a good *Report* behind her *Back*, wou'd be allow'd a *ſtrong* Argument of her Merit.

Having thus explain'd the many benefits will attend a free Practice of *Farting*. I think I need uſe no other Arguments to recommend it to the Ladies, ſince their own Eaſe, Intereſt and Diverſion, plead in it's Favour. I ſhall therefore *Wind up my Bottom*, and conclude.

We've often heard, how the impriſon'd Wind,
When in the Bowels of the Earth Confin'd,
And wanting vent, whate'er reſiſts it tears,
And overturns what th' Earth above it bears,
Whole Towns and People in the wide rupture fall,
Tho' one ſmall vent at firſt, had ſav'd them all.
So in the Microcoſm of Man, we find,
The like ill fate attends a Fart *confin'd,*
For Chollick, Vapours, Spleen, and Melancholly.
Do wreck thoſe who ſuppreſs it, for their folly;
Hence learn what great effects, ſmall things produce.
The Capitol was ſav'd from taking by a Gooſe.
Then don't admire that one ſmall whiffling Fart,
Can guard from Spleen, the Cittadel your Heart.
And tho' a Gooſe, let me in time perſwade you,
To mind the Foes, that do behind invade you;
That being of ſuch Appriz'd, you may prepare,
With ſpeed to plant your ROARING CANNONS there.

FINIS.